



Depressionen: Was kann man tun? (German Edition)

Fritz Berger

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Wenn die Seele leidet — was man wissen sollte

"Ich hatte das Gefühl, als würde mir jemand die Luft abdrücken", erzählt Claudia. Sie war gerade darüber informiert worden, dass sie an einer bipolaren Störung und einer posttraumatischen Belastungsstörung leidet.

"Die Vorstellung, als ‚psychisch Kranke‘ abgestempelt zu werden, war einfach zu viel für mich."

Claudias Ehemann Mark berichtet: "Es hat echt eine ganze Weile gedauert, bis wir uns mit unserer neuen Situation abgefunden hatten. Aber mir wurde klar, dass ich jetzt in erster Linie für meine Frau da sein muss."

WAS wäre, wenn bei einem selbst oder bei einem lieben Angehörigen eine psychische Krankheit diagnostiziert würde? Erkrankungen der Psyche können glücklicherweise behandelt werden. Hier ein paar Dinge die man wissen sollte, um mit dem Thema psychische Störungen * besser umgehen zu können.

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